



Guy's and St Thomas'
NHS Foundation Trust

Cardiac Support Group

Affiliated to the
British Heart Foundation

**This leaflet explains more about the
Guy's and St Thomas' Cardiac Support
Group, which gives continued
support after the rehabilitation
programme has been completed.**

Membership form

Name
Address
.....
.....
.....
Telephone
Email
Date

Please hand your completed membership form to a member of the Cardiovascular Rehabilitation Team, or return it to:
Group Secretary
Guy's and St Thomas' Cardiac Support Group
25 St Matthews Road
London SW2 1NE
t: 020 3305 9366 or 020 8699 6247
m: 07973 152 269
e: yeahcsuk@hotmail.co.uk

Why should I join the Cardiac Support Group?

Many people who have a heart problem need further help and support following their recovery. Joining our support group will enable you to feel less alone when dealing with these issues.

Why not join us at our next meeting?

Partners, a friend or a family member are most welcome.

We are dedicated to health education, and offer support, companionship, social events and the expertise of a number of specialist speakers.

Our group was formed in 1992 and is run by former patients – people who had or have similar problems to you.

Cardiovascular rehabilitation team

A member of the cardiovascular rehabilitation team is available 30 minutes before the start of each meeting to answer any questions you may have regarding your heart health.

Support group team

Honorary President and founder

The late Dr Graham Jackson

President Dr James Coutts
Consultant cardiologist,
St Thomas' Hospital

Chair Maureen Simpson

Vice chairs Pauline Lean
Eddie Murphy
Kizzie Bowman

Membership admin Melmarie Laccay

Treasurer Simon Petty

Meetings

Where?

Cardiac Outpatients Department

1st Floor (opposite lift C)

Southwark Wing

Guy's Hospital

Great Maze Pond

London SE1 9RT

When?

Meetings are normally held on the second Monday of each month at 7pm, except for July when there will be a picnic on the second or third Sunday at 12.30pm.

You will receive a full programme with your welcome letter.

Programme

There is a varied programme of speakers throughout the year.

For information on the programme, please contact Pauline Lean, our support group vice chair, **t:** 020 8699 6247.

As we are a self-supporting group, there is a small entrance donation agreed by members (currently at a minimum of £1 per meeting).

We look forward to hearing from you.

Further information

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748, Monday to Friday, 9am-5pm

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS)

e: pals@gstt.nhs.uk

t: 020 7188 3514 (complaints)

e: complaints2@gstt.nhs.uk

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch.

t: 020 7188 8815

e: languagesupport@gstt.nhs.uk

NHS 111

This service offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics.

Available over the phone 24 hours a day.

t: 111 **w:** www.111.nhs.uk

NHS website

This website gives information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing. **w:** www.nhs.uk

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, please get in touch. **t:** 0800 731 0319

e: members@gstt.nhs.uk

w: www.guysandstthomas.nhs.uk/membership

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